



Penrith Group Exercise Classes

Family Membership Included
 Adult Casual - \$15 per class
 Kids Casual - \$10 per class
 Fitness Passport Included

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIT 4 X- TRAINING 5.30AM-6.30AM		FIT 4 BOXING 5.30AM-6.30AM		FIT 4 TONE 5.30AM-6.30AM	FIT 4 X TRAINING 7.30AM-8.30AM
	FIT 4 CIRCUIT TRAINING 10.30AM-11.30AM		FIT 4 CIRCUIT TRAINING 10.30AM-11.30AM		
		FIT 4 KIDZ 5.15PM-6PM			
				FIT 4 TRAINING FOUNDATIONS 6.30PM-7.30PM	

/ NO KIDS CLASSES DURING SCHOOL HOLIDAYS.
****PARENTS MUST REMAIN ONSITE AT ALL TIMES****

FIT4KIDZ 45min (PARTICIPANTS MUST BE PRIMARY SCHOOL AGED) – A program for children aged in Primary School. All programs are designed on fundamental movement skills with the aim to improve your child’s physical functions and skill sets within different parts of their bodies.

FIT 4 CIRCUIT - Station Style workout offering a wide variety of exercises focused on improving Strength, Cardio-Vascular, Power.

FIT 4 X TRAINING - A unique high energy class incorporating various apparatus to create a functional training focus.

FIT 4 TONE - Low impact class, total body workout with stretching.

FIT 4 BOXING - Fitness session utilizing boxing.

FIT 4 ALL TRAINING FOUNDATION - A learning session designed to build confidence with equipment & understanding of training principles.